



*I decided to become a **Health and Life Coach** because my career goal is to guide and assist others with **Reframing their Negative Mindsets through the power of inspiration, without shame or neglect.** I specialize in **self-advocacy, life skills, coping strategies, and job development.** It matters more than ever now because **“it takes a village”** to get through life in our current society. I can't wait to help influence you to believe in yourself and move through and beyond **your Personal and Professional fears** with positive action, self-reflection and growth.*

Education: Bachelor's Degree in the Science of Health and Human Services Management, specializing in the Visually impaired, Homeless, DDD, and Behavioral Health. **Internationally Certified Health and Life Coach.** Currently, working on a Doctorate Degree in Naturopathic Medicine and Behavioral Health.



Interview with Coach Tosha Franklin

Tosha was raised with five adopted brothers and two biological brothers consisting of many races and cultural backgrounds. She was the youngest and only girl out of the eight of them. Her mother is a strong woman and was a single mother before Tosha was a year old. We all know the many struggles of being a parent much less a single parent. Her mother went to work during the day, came home to feed the kids, and then was off to school at night. Tosha's mother would get home late staying up until 2 a.m. doing her homework and/or sewing and fixing the holes in the kid's clothes. Every summer Tosha and her two biological brothers would go visit their dad, who was in the Air Force and lived all over the US and overseas in Germany and the Philippines. Tosha's life experiences and exposure to multiple races and cultural backgrounds gave her a wide perspective and respect for different cultures and lifestyles.



Tosha looks and feels better than ever at age 39, but it wasn't always this way. She must admit some vulnerable things. She struggled from a young age to free herself from her demons, struggling with depression, self-medicating, negative mindset of her weight/Body image, anger, and violence toward the world and others. From the age of 12 and through her younger 20's Tosha's life took a turn to a life of emotional struggle and pain. She felt isolated with no one to lean on. With her father mostly absent, and her mother pulled in different directions trying to guide and meet the needs of the household of troubled kids.

At the age of 12 and through her younger 20's she was sexually assaulted/raped and had guns put to her head multiple times. She left home at age 16 to go to the streets and admits at times, she was reckless and put herself in horrible/dangerous situations. She constantly wanted to feel a part of a group and to belong. She found herself putting her needs and wants aside for others just to belong. She partook in drugs and was selling drugs also. She was in and out of therapy, anger

management classes (5 times), and Narcotics Anonymous (NA). Despite her inner demons, and the best coping strategies she had at that time, and struggles in her early 20's, she finished her Undergraduate Degree (**Health and Human Services Management, specializing in the Visually impaired, Homeless, DDD, and Behavioral Health**) as her parents and family always wanted from her. She left her hometown of Phoenix AZ, for San Diego CA, to finally do something for herself. Her depression and inner demons lead her to want to die quietly or to find herself; for her and no one else. In San Diego, she was homeless living out of her PT

Cruiser, showering at the beach, and used a small storage unit. Tosha was working 3 jobs from 9am to 3 a.m. just to barely feed herself, gas her car, and sleep.

Finally, at the age of 26, she hit a turning point, a defining moment that changed the course of her health, her career, and her life. She got pregnant by her long-distance Boyfriend. At that moment, Tosha made a choice to use her innate intelligence and strong work ethic (developed as an escape from emotional distress) to pull herself out of her dark hole. It was a difficult struggle, but with perseverance and dedication she reinvented herself and began to formulate a new philosophy of life. This grew into a life mission to share and help others similarly lost and struggling. She felt that she needed to be everything for her daughter! She quit drugs cold turkey, moved back to Phoenix, and moved in with her boyfriend and his sister's family. She started working with her mom and longtime friend whom she called her Sissy at the OBGYN office again as a front desk receptionist.



Tosha vowed and made a commitment to figure out how to **live a happy healthy life** for herself and her daughter; without using hard drugs to try and cope. She started to immerse herself in absolutely everything that had to do with health, nutrition, and personal growth. She read every book she could get her hands on. She went back to school to become an internationally Certified as a Health and Life Coach. Lo and behold, within less than 1 year, she had also embraced her curvy body and was well on her way to healing, recovering, and being truly happy with herself, her life, and her new baby girl. She now had the **life experience and the educational experience to truly help and guide others through and beyond their struggles both personally and professionally with life skills, positive coping strategies, and reframing negative mindsets without guilt or shame.**

11 years later, she has helped thousands of people across the globe create an entirely new relationship with themselves and with others.

So, first and foremost, Tosha's Coaching is about **transforming beliefs** and **mindsets** so that her clients can be present with themselves and their lives in a whole new way. She follows that work with a holistic approach and guidelines around healthy ways to approach eating, exercise, and lifestyle in mind, body, and spirit.

Tosha ONLY works with individuals who struggle with **self-image, body image, harmful emotional coping techniques, addiction, self-advocacy, Job Coaching, DDD Services.** Those looking for sustainable life goals. In other words, she is not a Jill-of-all-trades Health and Life Coach. She refer clients, who want to lose a few pounds or want a quick fix, to other Health and Life Coaches.

Tosha's Total Body and Life Transformation program is created for those who are absolutely ready and fully committed to having a **new relationship with themselves and others;** and to **ending negative mindsets, harmful coping techniques, and compulsive behaviors.**



These programs were created for individuals to **Reboot their System in 30, 60, or 90 days.** Tosha believes in her clients that they deserve an experience of peace and even JOY with themselves, their body, and their relationships both personally and professionally.

With her partners and her Coaching program, you will gain a **holistic transformational experience** in which you're consistently taking action. towards something that works for you. You will be open to a very different way of thinking and full support, while you achieve this incredibly exciting goal, **ending the conflicts with yourself, and others.**

“In complete darkness we're all the same. It's our knowledge and wisdom, and how we use that power, that separates us.”

Tosha Franklin – 2007



